Emotional support and self help groups – If you feel isolated you may benefit from contact with a local self-help group, carers’ centre or branch of Carers UK. Visit Carers UK’s website to find your local group or call or write to Carers UK

Carers UK
2025 Glasshouse Yard, London EC1A 4JT
Freephone 0808 808 7777
www.carersonline.org.uk

Crossroads – Caring for Carers
Tel: 01788 573 653
www.crossroads.org.uk

Crossroads – Scotland
Tel: 0141 226 3793

Contact a Family
Freephone: 0808 808 3555
www.cafamily.org.uk

The Princess Royal Trust for Carers
Tel: 020 7480 7788
www.carers.org

Health care for people who care
• Do you help someone with washing, feeding or dressing?

• Do you make sure medicines are collected and taken on time?

• Does someone depend on you in order to stay living in the community?

If so you are a carer and you may be able to get support

• Carers look after family, partners or friends in need of help because they are ill, frail or have a disability. The care they provide is unpaid.

• Nearly 6 million people in the UK are carers. About 3.3 million carers are women and 2.4 million carers are men.

• Many people don’t recognise themselves as carers and don’t get the support that they need.

Healthcare for people who care
Caring can be stressful and emotionally draining. Many carers end up with health problems themselves so it is important that you take care of yourself. It is useful for your GP or other health professionals to be aware of your caring responsibilities as they may be able to help direct you to further support and help you prevent your own health from being affected.

• Let your GP know you are a carer. They may be able to offer you practical advice on protecting your own health.

• Ask your GP to make it clear you are a carer on your notes and on the notes of the person you care for.

• If it is more convenient for you to pick drugs up from your pharmacy let your pharmacist know you are a carer. They may be able to arrange to pick up repeat prescriptions for the person you care for from the pharmacy for you.

• Your pharmacist can offer you expert advice on how to manage medicines and can advise you on caring for your own minor ailments.

Support for people who care
Financial help – The main benefit for carers is Invalid Care Allowance (shortly changing its name to Carers Allowance). If you are a carer and get a means tested benefit you may be able to get extra money. This is called the Carer Premium. To find out more about these you should speak to your local Citizens Advice Bureau or Carers UK Carers Line 0808 808 7777 or check the Carers UK website www.carersonline.org.uk

Practical help – If you feel the person you look after needs care, you can ask for a Community Care Assessment from the local social services. You can also request a separate Carer’s Assessment of your own needs as a carer. Further information on getting an assessment is available from Carers UK, or your local social services. Other local support services are run by local authorities or local voluntary groups, such as Carers Centres, Crossroads or Mencap. Further information can usually be found in your local library or from Carers UK. Some useful contact numbers and websites are listed in this leaflet. Find out about joining Carers UK by calling the membership hotline 020 7556 7602.